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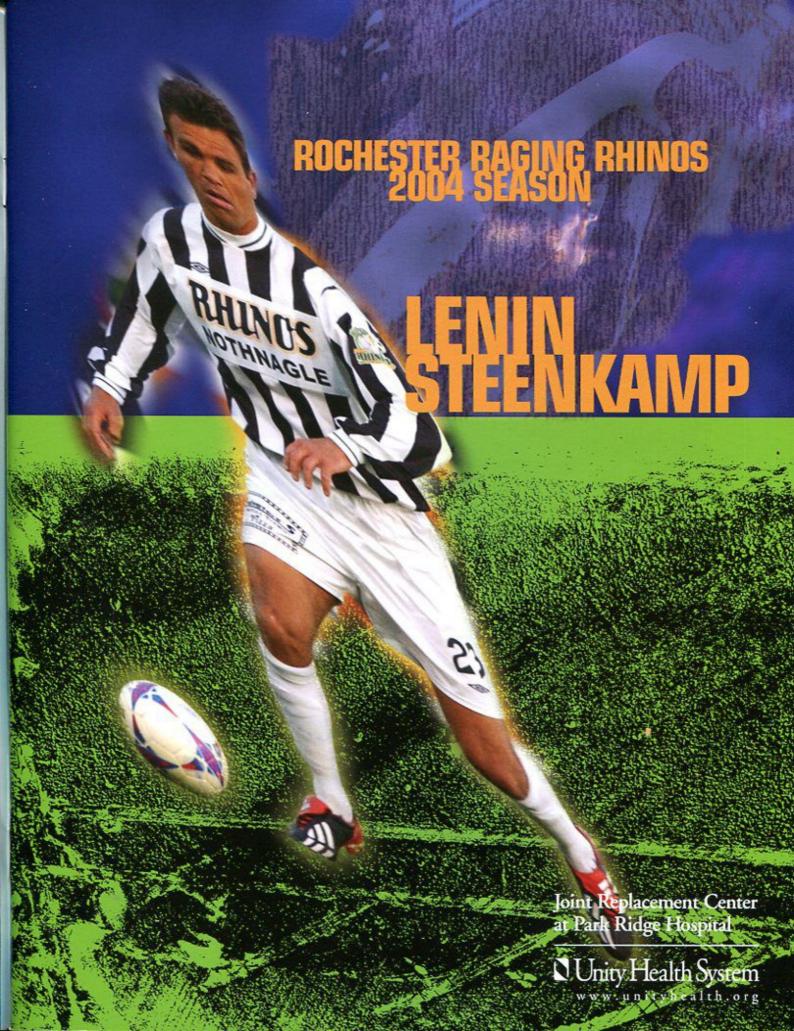


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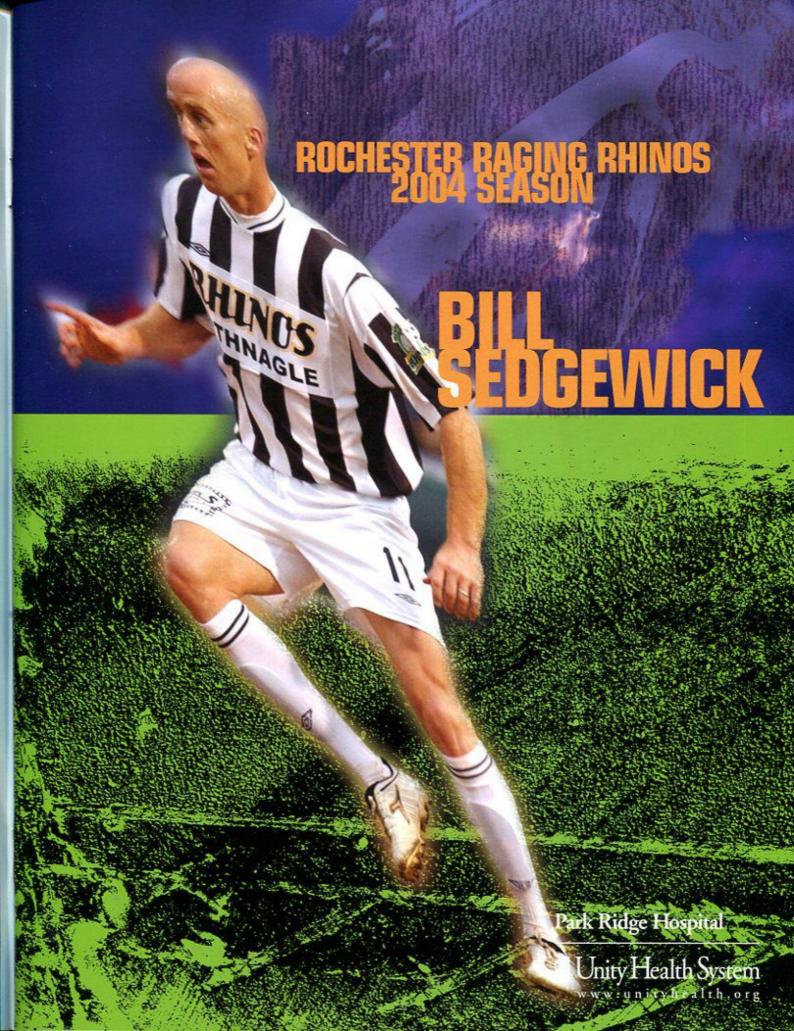
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THE RHINOS SOUAD THAT OPENED THE 2004 SEASON IN MAY LOOKED SIMILAR TO THE ONE THAT RHINOS FANS REMEMBER SEEING LAST SEPTEMBER WHEN THE 2003 SEASON CAME TO A CLOSE. RETURNING TO THE LINEUP ARE VETERANS LENIN STEENKAMP, CRAIG DEMMIN, BILL SEDGEWICK AND DOUG MILLER, WHILE YOUNG VETERANS SUCH AS KIRK WILSON, YURI LAVRYNENKO, AND IAN FULLER ALSO RETURN TO ROCHESTER.

What makes this season unique, however, is the number of new faces that fans will see when they visit Frontier Field for a match.

Entering their ninth season of action, the Rhinos look to once again compete for the A-League title in 2004. The Rhinos, winners of three A-League championships, following the 1998, 2000 and 2001 seasons, fell just short the last two seasons, losing in the Eastern Conference Finals to Richmond (2002) and to Charleston (2003). So this off-season, Rhinos General Manager Chris Economides and the coaching staff of Pat Ercoli, Frank Odoi and Francisco Escos, worked overtime, bringing in a handful of youth to mix in with what has become an experienced and well-respected core.

Beginning in goal, second-year backstop Soren Johnson returns for his second season. Fresh out of Davidson College a year ago, Johnson made two starts in goal as a rookie and played quite well. So well that the 23-year-old from Iowa shutout division rival Montreal on the Impact's home turf where the Rhinos have lost in 11 out of 13 regular season trips. Starting the season between the pipes, however, will be a familiar face to Rhinos

fans. This year, former Toronto Lynx netminder

Theo Zagar will be wearing Rhinos colors when the whistle blows to begin the season. The former goalkeeper was acquired in December and looks to solidify his place in a city that has seen its share of goalkeeping excellence.

The defense seems to have shaped up nicely as well. While veterans Craig Demmin and

Bill Sedgewick look to provide stability and toughness in the back, second-year man Carlos Mendes along with newcomers David Wright and John Wilson will make heavy contributions as well. Mendes, a Long Island native, saw plenty of action last season filling in for Demmin and the departed Scott Schweitzer. Wright brings an intimidating 6'4" inch frame to Rochester after playing three seasons in Pittsburgh. John Wilson, a standout with the Charleston Battery, has been considered to be one of the top outside defenders in the A-League. Last season he





lent his talents to the stinglest defense and defending A-League champion Charleston Battery. His ability to move up will help create scoring opportunities for a much more lethal Rhinos attack.

The Rhinos midfield returns one of the most popular players in franchise history to the fold, Lenin Steenkamp. Steenkamp, in his ninth season, has played more games in a Rhinos uniform than anybody, and holds nearly every team record. One of the hardest working and more versatile players wearing Green and Gold, Kirk Wilson, is back for his fourth season, while Gates Chili grad Yuri Lavrynenko also returns. Lavrynenko's experience playing multiple positions leaves Coach Ercoli plenty of options. Some new faces fans can expect to see vying for playing time will be former Syracuse Salty Dog Neto. Thought to be crafty and skilled with the ball, Neto will look provide a host of Rhino snipers with scoring opportunities in 2004. Ryan Trout, who was in Rhinos camp in 2000, returns after playing three seasons in Charleston where last season he earned some championship experience of

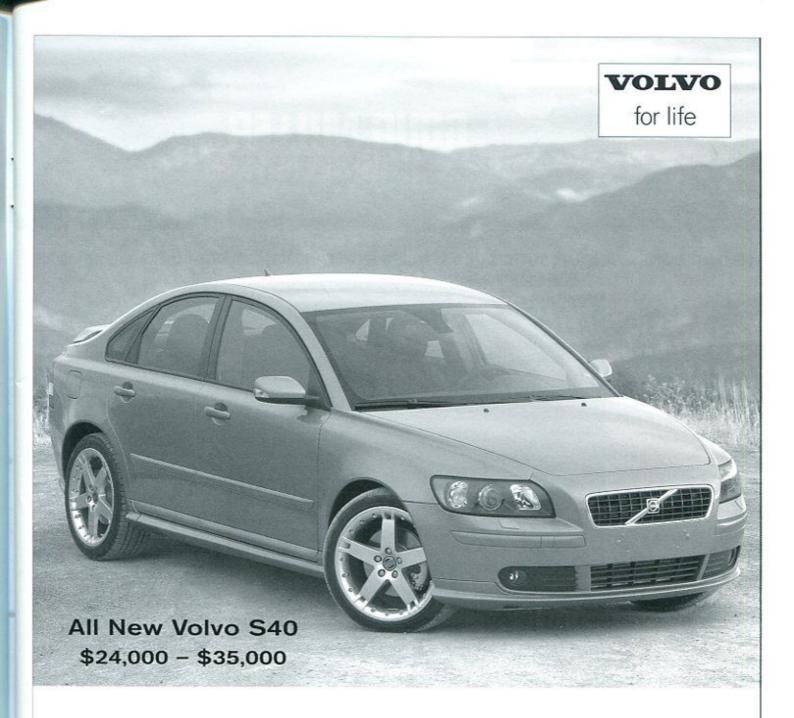
his own. In addition, Shaun Tsakiris, also acquired in a trade with Syracuse, will try to make an impact in his first full season in Rochester. One of the greatest players in franchise history, Yari Allnutt, makes a return to Rochester. Allnutt wore a Rhinos jersey from 1998-2000, helping lead the club to two A-League titles and a U.S. Open Cup championship. In addition to having a knack for scoring, Allnutt can make plays and set up scoring chances as well.

That will be a good skill for him to have because the position that brought the most attention during the off-season has been forward. After re-signing their Most Valuable Player Doug Miller to a two-year contract in December, Rochester added more firepower to its lineup with a series of acquisitions up top. Returning from 2003 is double-digit goal scorer lan Fuller. Fuller, in his first year with Rochester notched ten goals for the Rhinos, providing a nice compliment to Miller's 17 tallies from a year ago. This season the former Clemson University standout may also see plenty of action in the midfield.

New faces at forward include the Rhinos second round draft choice in 2002, Alex Blake who earned some experience with the Colorado Rapids last season. Corey Woolfolk, who played alongside league MVP Thiago Martins in Pittsburgh, adds speed and a nose for the goal. However one of the biggest additions to the Rhinos lineup may be provided by one of the smaller players on the field. Chris Carrieri joined the Rhinos just prior to the beginning of camp and brings with him MLS experience and a scoring touch that would have any coach excited. The future looks bright as Noah Delgado, Gabriel Cuomo and Brighton's Patrick Barry provide youth to the Rhinos lineup that will be looking to keep the hometown

faithful on the edge of their seat all season long.

Of course, the beginning of the season is the time for all 16 teams to be optimistic, as they are all undefeated. Only the Charleston Battery were undeniably happy with their on-field performance during 2003 season, and now the 15 other teams will look to try to take Charleston's place with the league championship trophy come late September. But for now, optimism abounds everywhere around the A-League, and Rochester is no exception. And with this year's roster rounding into top form, the rest of the A-League will be sure to take notice as the Rhinos look to reclaim the A-League's top spot.





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#### VETERAN FORWARD DOUG MILLER REFLECTS ON HIS FAVORITE MEMORIES FROM ROCHESTER, LOOKS FORWARD TO THE 2004 SEASON, AND DISCUSSES HIS PLANS FOR LIFE AFTER THE RHINOS.

As an original member of the Rochester Rhinos, forward Doug Miller has seen it all. Miller was instrumental in spreading awareness of the Rhinos during their inaugural campaign of 1996. In fact, Miller scored all three second-half goals, helping Rochester win the first ever sporting event at Frontier Field, 3-2 over Montreal. Through his first four years with Rochester, Miller registered 53 goals and guided the Rhinos to the A-League championship in 1998. Miller also helped lead the Rhinos to the 1999 US Open Cup championship, scoring six goals as the Rhinos knocked off four MLS teams, en route to the title. After

the Open Cup championship, Miller and the Rhinos went through a rocky separation, one that had Doug wondering if he'd ever play professional soccer in Rochester again.

Back when the Rhinos began play, no one was sure just how well soccer would do in Rochester. The Rochester Lancers enjoyed various levels of success playing from 1970 until they folded in 1980, but professional soccer would take on a dormant role until the Rhinos burst onto the scene in 1996. The Rhinos first home game, and the first sporting event in the newly opened Frontier Field was against the Montreal Impact July 12th, 1996. When asked about his favorite memories from playing in Rochester, that historic game seems to hold a special place for Miller.

"No one expected 14,000 to be at that first game. It was a storybook beginning to my career here in Rochester. I remember the front



page the next day, after I scored the third goal, I ripped my shirt off, was running to the crowd. The fans were reaching out, trying to touch me. It was really a euphoric moment. To see where soccer has gone, to see the success we had the first year, soccer would be here to stay, and I believe Rochester will be one of the franchises that will stick around the next 100 years."

That inaugural Rhinos season is indelibly imprinted upon Miller's memories. After Rochester's 2-8 start, the Rhinos rebounded, going 12-5 down the stretch before falling in the championship game.

The following year started ominously for Miller and the Rhinos. After a season-opening goal against Hershey, Miller went six games without a goal. Once he found his scoring touch, Miller went on a tear, scoring 22 goals over the remainder of the season. Miller was named the 1997 A-League MVP, notching 23 goals, including five game-winning goals, en route to tallying a league-high 51 points.

By the end of his third season, the Rhinos were on top of the A-League, having captured the 1998 A-League title. In 1999, amidst their regular season, the Rhinos did something remarkable: they knocked off four MLS teams, raging through opponents on their way to the US Open Cup title. Miller scored six goals during regular season play that year, sparking the Rhinos to the title. Miller and the Rhinos were on top of the soccer world.

"We finished the century being the best team in the country in 1999, making the run that we did, being fortunate enough to win a US Open Cup title. It was a great situation for not only the players, but the organization."

But relations between the Rhinos and Miller were deteriorating, and at the end of the 1999 season, citing contract differences, Miller and the Rhinos parted ways.

Even when ground was shakiest between Rhinos management and Miller, Doug never doubted an opportunity would arise to return

to Rochester. Miller maintained his soccer skills by playing for the Buffalo Blizzard, an indoor club in the National Professional Soccer League, and patiently awaited his chance to return.

"I always believed there was a plan for me. I knew there would be a situation when a door would open for me, and it finally did in 2003. I never lost sight of that, kept myself in shape, always vying for that opportunity to play. I never left Rochester, my wife is from here, this is where we were settling down."

In between stints with

the Rhinos, Miller kept himself busy by playing for the Blizzard, and also picked up a new skill: selling insurance for MGM Associates. Even when he wasn't with Rochester, Miller still felt connected to the area. For years, Miller had made it a point to give back to the community, holding four soccer camps for area children over the summers. In fact, while some athletes scoff at the notion of being role models, Miller embraces his role, striving to give back.

"It goes back to being a role model in our community. As a professional athlete, when I signed my contract, I knew I was going to be a role model. I tend to take it very seriously. For kids to look up to me, to want to emulate some of the things that I do, it's an honor for me. Most importantly, I try teaching kids to not only be better soccer players, but to be better people in life."

While with Buffalo, Miller excelled at the indoor game. In fact, during the 1998-99 season, Miller led all scorers in the league with 192 points. Buffalo was an indoor franchise, and playing for the Blizzard enabled Doug and his wife, Kari, to maintain their residence in Greece. Finally, in 2001, the call came for Doug to rejoin the A-League. Only the call didn't come from the Rhinos. The Hershey Wildcats were gunning to win their first A-League title, and gambled that Miller had some gas left in his tank. Miller responded with two goals and three assists in just four games, as Hershey made it all the way to the championship game. In the

finals, Hershey would face Miller's old team, the Rhinos. For Doug, the reunion offered a chance at redemption.

"At that time, I was 32, people were saying I was too old, I might not be able to compete at that level. I wanted to prove a point not only to Hershey fans, but to the Rhinos organization that I could still play at this level. In the playoffs, I led all players in scoring. It was a bit unfortunate we (Hershey) didn't win at that time. but I look back now and I think it worked out the way it was supposed to. If we did win, I might not be playing in a Rhinos uniform in 2003."



Playing opposite the Rhinos at Frontier Field was awkward for Miller, but his chance to rejoin Rochester finally came in December of 2002.

Now, Miller's career has come full-circle. After a successful 2003 campaign in which he registered 17 goals and 38 points, Miller is excited for the promise the 2004 season brings. Over the off season, the Rhinos traded away long time defender Scott Schweitzer to A-League rival Syracuse. Schweitzer had been with the Rhinos since the team's inception, and Miller knows replacing such a talented defender won't be easy.



#### Good Luck Raging Rhinos....



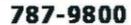
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ACCESS: Frontier Field is easily accessible from route I-490; Exit from east or west bound I-490 onto Plymouth Avenue. The Main Gate and Ticket Office are located along Morrie Silver Way.

ATM: An Automated Teller Machine is available for use at Frontier Field.

CAMERAS: Fans may bring cameras or camcorders into Frontier Field for their personal use. However, we ask that you do not block anyone else's view of the game, or use flash attachments at any time.

COMMUNITY APPEARANCES: The Rhinos welcome the opportunity to speak to your group. The Rhinos Community Relations Department schedules appearances by players, members of the front office, Rhinestones and the team mascot. Contact the Rhinos Community Relations Department for more information.

CONTAINER POLICY/ALCOHOL: Containers with food and/or beverages may not be brought into Frontier Field. Food and drinks are sold throughout the stadium for your enjoyment.

**EMERGENCY PHONE CALLS:** Guest Services is available as a service to fans expecting emergency phone calls. Fans may leave their seat locations with Guest Services and they will be then contacted with the message. Due to the many requests, public address, medical emergency, or video board paging is not permitted.

FAN BEHAVIOR: Our code of behavior is simple - we would like you to enjoy the game in a manner that permits other fans around you to do the same. If your enjoyment is curtailed by rude behavior of fans near you, please report the problem to ushers or security personnel. If you are unsatisfied with the handling of a particular situation, we want to hear from you. Please call or write our offices, Rochester Raging Rhinos, 333 N. Plymouth Avenue, Rochester, N.Y. 14608. The phone number is [585] 454-KICK

FIRST AID: For those requiring medical assistance for any reason, contact your section's usher or security personnel and they will escort you to the Frontier Field aid station.

**GAME TIMES:** See page 15 for game times. Check with the Frontier Field ticket window for exhibition/playoff game times. The gates to Frontier Field open one hour before game time. Both teams have a 20 minute warm-up session about 40 minutes before each game.

GROUP TICKETS: The Rhinos have special discounts available for group and multi-game purchases. Contact the Rhinos Group Sales Department at (585) 454-KICK.

**GUEST SERVICES:** The Guest Services Booth is located on the Main Concourse near the Main Gates and operates from the time the Stadium opens until after the game ends. Fans may obtain information and assistance, offer suggestions or register complaints at the Guest Services Booth.

**HANDICAPPED SEATING:** Handicapped seating is available at Frontier Field. Please contact either the Frontier Field Ticket Office or the Rhinos Office for information and assistance.

LOST AND FOUND: Contact the security person near your section and they will escort you to the Frontier Field Offices.

MAILING ADDRESSES AND PHONE NUMBERS: The Rhinos Offices are located on site at Frontier Field at 333 N. Plymouth Avenue, Rochester N.Y. 14608. Our phone number is [585] 454-KICK, and our fax number is [585] 454-5453. Fan mail for individual players and coaches should be sent to them directly at that address.

PETS: Pets are not allowed at Frontier Field. Guide dogs and seeing-eye dogs are the exception - they are allowed in Frontier Field.

RADIO COVERAGE: WYSL News 1040-am is the flagship station of the Rhinos Radio Network, which covers all home and away games. Don Stevens will be the play-by-play broadcaster. Joe Giuliano will be the color commentator.

**RESTROOMS:** Restrooms are located on all levels of the Stadium. Diaper changing areas are available in both the men's and women's rooms. A family (unisex) restroom is available in the Main Concourse.

**SMOKING:** Smoking is only permitted in the designated areas along the Mar Concourse.

SPECIAL SERVICES: Frontier Field provides many services and amenities to accommodate the needs of guests with disabilities. Information may be obtained at Guest Services.

SOUVENIRS: Various merchandise items, including hats, t-shirts, golf shirts sweatshirts and other Rhinos gifts can be purchased at souvenir stands around Frontier Field or at the Rhinos Team Store. The Rhinos Team Stores located in the historic firehouse near the Walk of Fame. In addition, souver items can be purchased at the Rhinos Business Offices during regular business hours.

TELEPHONES: Pay telephones are located on all levels throughout the Stadium. Two TTY telephones are also available on the Main Concourse level.

TICKETS: Rhinos fans may purchase single-game tickets at the Frontier Fitt Ticket Window or by calling (585) 423-9464.

TICKETS AT FRONTIER FIELD ARE: \$19.00 [Premium] \$16.00 [Upper-Center] \$15.00 [Sideline & Lower End] \$14.00 [Upper End] \$11.00 [Lower Corner]

Senior citizens tickets may be purchased at a \$2.00 discount for any regular season home game. Group tickets may be purchased by calling the Rhinos Office at (585) 454-KICK.

TOURS: Frontier Field tours are conducted throughout the season. Fans getal chance to view different areas of the Stadium, the clubhouse, press box and the owner's suite. Fans will also receive information on the construction and the amenities of Frontier Field. Special group tours are also available. Please call (585) 262-2009.

WEBSITE: Visit the Official Rhinos Website at www.rhinossoccer.com for all the latest information and updates on the Rhinos.

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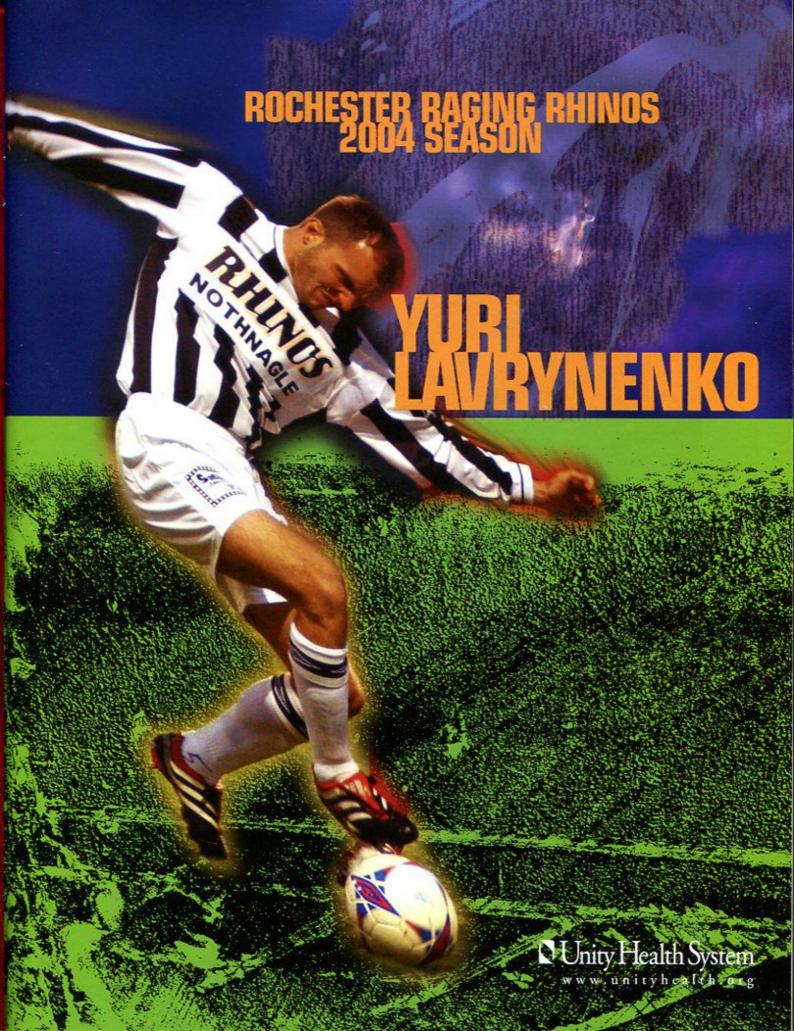


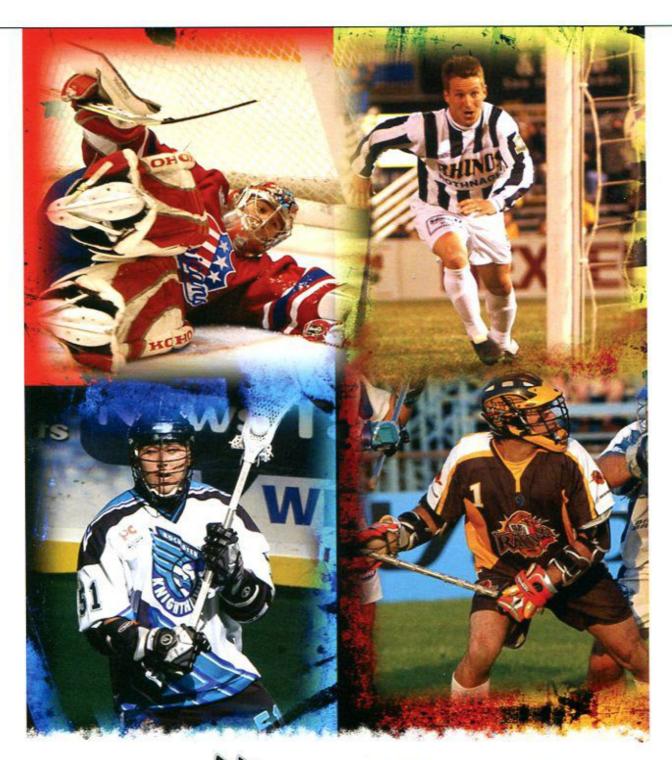
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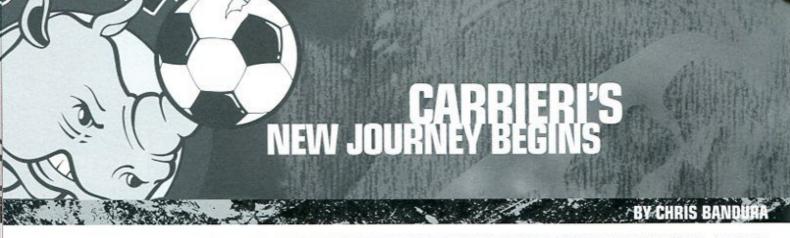
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Success has been a mainstay in the life of the 24-year-old forward from Stafford, Virginia. Even before he decided on a future in professional soccer, the pressure to succeed was plentiful. While playing varsity soccer at North Stafford High School, Carrieri was named a 1998 Parade Magazine High School All-American and selected as a Washington Post All-Met choice in both 1997 and 1998. Not bad for a 5-8, 150-pound kid from the East Coast.



Carrieri's success on the field led him to the University of North Carolina, where he made his mark early on in his collegiate career. Carrieri was named the 1998 Atlantic Coast Conference (ACC) Freshman of the Year, as he led his team in points [29] and goals [13].

After a solid sophomore season, Carrieri had an even larger breakout junior year. Carrieri led the nation in scoring with 25 goals in 24 games and also contributed 14 assists during the 2000 season. Named the 2000 ACC Player of the Year and setting several UNC school records, Carrieri led the Tar Heels to the ACC Tournament championship and the No. 1 overall seed in the NCAA Tournament.

With steady improvement and outstanding numbers at UNC, Carrieri was selected first overall in the 2001 Major League Soccer SuperDraft by the San Jose Earthquakes.

Thrilled to have the opportunity to play in the MLS, Carrieri did not have the opportunity to get too comfortable in his new surroundings. Only six months after being drafted to San Jose, Carrieri was traded to Colorado for forward Junior Agogo.

"It was a hard situation," Carrieri

said. "I had developed a close relationship with Coach [Frank] Yallop. After the Earthquakes picked up Landon Donovan a few weeks after I was drafted, I had a feeling something might happen. Coach was very helpful with the trade though. The MLS salary cap became an issue in San Jose, so coach tried to find the best situation for me."

Carrieri would finish his 2001 rookie season with 14 points (5+4) in 14 games with the Rapids. Carrieri's second MLS season would also manufacture big numbers, picking up 27 points (11+5) in 25 games.

After two successful seasons in the MLS, Carrieri was

looking forward to another breakout season in 2003, as he did his third season at UNC. But Carrieri would see a decline in playing time and a slide in production. Carrieri finished the season with 14 points [3+8].

"It became difficult after a while," Carrieri said. "It almost became like a 9 to 5 job. It was not always smooth sailing. You don't always agree with what your coaches decide, but life goes on. If I am playing the game I love and making money, it can't be too bad."

So the 2004 MLS training camp began and Carrieri found himself trying to earn a spot on the Rapids roster. But only nine days before the start of the season, the team released Carrieri.

"That was difficult because you start to question things a little bit," Carrieri added. "Sometime you open your mouth a little too much and question things, but your performance can say a lot more. I didn't think I deserved certain things towards the end, but you can't dwell on the past or think about it too much, just learn from it."

So facing the start of a new soccer season, Carrieri was looking for a new soccer home. Facing many options as a free agent, he turned to a Rapids teammate and a familiar face to Rhinos fans, goaltender Scott Vallow. Vallow, who was with the Rhinos for three seasons, had nothing but great things to say about the organization and the city to Carrieri.

"I was talking with Scott and he said that I should look at Rochester," Carrieri added. "He said it was a great place to play. I didn't have an agent, so I asked Scott to place a call to the team and he did. After a few calls back and forth, here I am."

Looking forward to the season in Rochester, Carrieri was intrigued by the opportunity for a fresh start in the A-League. "The MLS took care of me really well," Carrieri said. "I wouldn't erase a thing. I have learned from everything that has happened. I'll never forget when I entered a game in the second half in front of 61,000 people at Invesco Field in Colorado. I had three goals on three shots and we won 3-2. That was amazing and the most special moment I have had in the game."

Colorado's loss is Rochester's gain for sure. In 69 games with the Rapids, Carrieri started in 56, collecting 55 points on 19 goals and 17 assists. Rochester fans will not only get to see soccer balls in the back of the goal, but a complete player up front.

"I love to work hard on the field, and that's what fans will see," Carrieri added. "What I may lack in certain skills, I make up with working hard. I love to pressure the defense and create opportunities for my team. I will do everything I can to bring something positive to the team and the community."

All of Carrieri's success from the collegiate ranks to the MLS all leads to his biggest fan, his wife Heather.

"She has been the most amazing support for me through everything," Carrieri said. "She is very into the game and understands it very well. We met back in college and she has been by my side ever since."

Although the move from the Western US may be quite a haul, Carrieri is very happy to be in the Flower City.

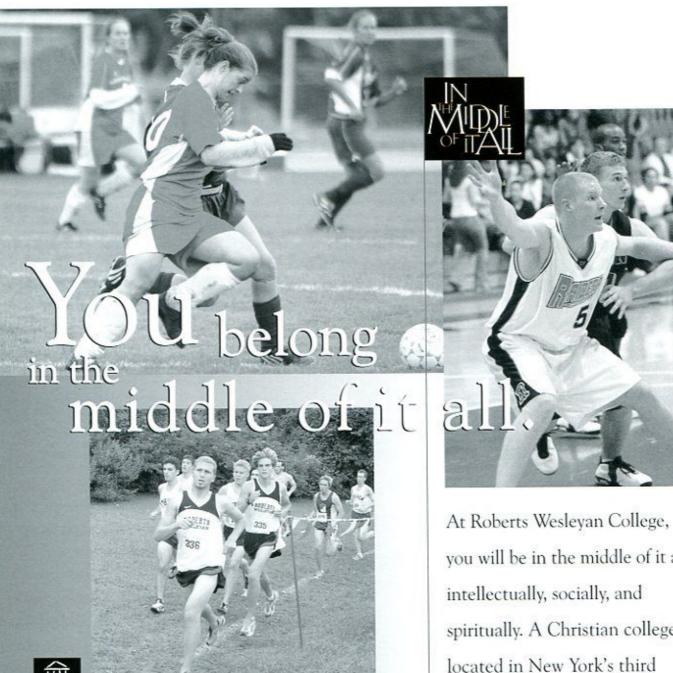
"The move back east has been great. It will take a while to get situated, but as long as my family is with me that is all that matters. I have some family in Albany and Long Island, so that is nice too."

Even though Chris has found happiness within the game he loves, his greatest joy will always go back to his family. Along with his two dogs, and a new community, the Carrieri's biggest change has been the birth of their newborn son, Brecken.

"He's only a few months old, so everything he does is a huge deal," Carrieri laughed. "It brings a tear to your eye to look at your son and wife and what you have. I cherish every moment with my family with my entire soul."

It is that emotion and charisma that makes Carrieri the person he is, both on and off the field. His love and appreciation is what the game is all about.

"I love the situation I am in right now. The team is very determined to win and the team concept is our first priority. I am looking forward to playing with Doug (Miller) upfront. We should make a great pairing. We compliment each other very well and we'll hopefully do some special things on the field. I can't wait to see what can happen here in Rochester for me."



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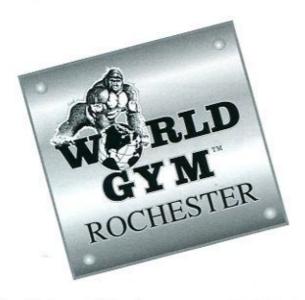
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What is one of the most fun plays to see in soccer? When the striker is one-on-one with a defender and pulls off a juke that fools even the cameraman. How can one person move in a way to completely confuse the next? It comes down to sports skill and training. No longer is greatness simply about speed and strength, but about functional movements as well. In order to excel in a sport like soccer you need to be able to control and balance your body. To develop this type of control in your body core strength and stabilization is needed. This is called functional training. Functional training is about transferring training techniques and movements into real life scenarios. On the soccer field you do not often have the luxury of both feet firmly planted on the ground, why then would you want to train that way? By creating and imbalance or lack of stabilization during your training time you are able to more closely replicate sport specific conditions. This will produce more effective gains in terms of strength and conditioning.

In terms of conditioning athletes prepare during the off-season just as hard as during the season. The type and tools used for conditioning may differ but are equally as important. Strength and cardiovascular conditioning are aspects of training that are easiest to achieve during the off-season so as to allow for drills, plays, and sport specific training during practice.

In real life not all of us play professional sports or have on/off seasons, however that does not mean that we do not play hard. When it comes to athletics one of the worst things you can do is place high demands on your body without training. "Weekend Warriors" are people who recreationally participate in activities 1-2 times a week, generally without properly preparing or conditioning for the event. This can cause muscle soreness and injury, not to mention a lower rate of performance. If you are one of these people or an out of condition retired professional athlete do your body a favor, find a way to exercise at least 2-3 times each week.



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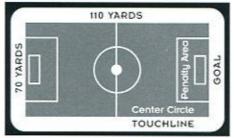
## OF THE CAN

LAW 1: FIELD of PLAY

LAW 2: BALL The ball is made of leather or other safe, approved material: 27 to 28 inches in circumference, 14 to 15 inches, inflated to a pressure of 9.0 to 10.5 psi.

LAW 3: NUMBER of PLAYERS A maximum of 11 players on the field for each team. One of whom must be designated as a goalkeeper. Up to

four substitutes may be used by each team.



LAW 4: PLAYERS EQUIPMENT. Jersey, shorts, stockings, shinguards and shoes. The gualkeeper's jersey color must distinguish him from other players and the referee. A player may not wear anything dangerous to another player.

LAW 5: REFEREE One referee is appointed for each match. He is responsible for enforcement of the laws; serving as timekeeper, disciplining players; stopping the match if, in his opinion, a player has been serious ly hurt; preventing persons other than the players and linesmen from entering the field without his permission. All decisions by the referee are final.

LAW 6: LINESMEN. Two linesmen are appointed to assist the referee in controlling the match by indicating offsides when a ball has crossed a touchline and which team should gut it into play with a throw-in; when a ball has crossed a goal line and whether it should be put back into play with a goal kick or corner kick; when an infraction has been committed; and whether a goal has been scored fairly.

LAW 7: DURATION of the GAME. Two equal periods of 45 minutes. The referee may extend the time for long or unusual delays, such as injury in time-wasting by a team. (Note: A-League rules call for a suddendeath evertime period when a match is tied after 105 minutes of regulation play.)

LAW 8: START of PLAY. The team that wins the coin flip can either choose which end of the field it wishes to defend or take the kickoff. Each team must remain on its own half of the field and the defending players must be a minimum of ten yards away from the ball until it is kicked forward and rolled its full circumference. A goal cannot be scored directly from the kickoff. After a goal, the team scored upon kicks off. After halftime the kickoff is taken by the team that did not kick off to start the game. Drop ball; When the referee stops play for a reason other than a rule infraction or a delay such as a player injury, he restarts play by dropping the ball where the ball was when the play was stopped. A drop ball is not in play until it hits the around.

LAW 9: BALL IN and OUT of PLAY. The ball is out of play when (A) it has completely crossed the goalline or touchline, whether on the ground or in the air, or (B) the game has been stopped by the referee. The ball is in play at all times from the beginning to the end of a half, including when it remains on the field. after striking the referee, linesmen, goal post, crossbar, or corner flag; and after an assumed infringement of the laws, until the referee stops play.

LAW 10: METHOD of SCORING. A goal is scored when the whole ball has passed over the goal line, between the goal posts and under the crossbar while it is legally in play.

LAW 11: OFFSIDE A player is in an offside position if he is nearer to his opponent's goal line than the ball, unless (A) he is in his own half of the field of play, or (B) there are at least two of his opponents as close or closer to their own goal. A player is penalized for being in an offside position only it, at the moment the ball touches or is played by a teammate, he is (in the opinion of the referee) (A) interfering with play with an opponent, or [B] seeking to gain an advantage by being in that position. A player is not declared offside by the referee (A) metely because of his being in an offside position, or (B) if he receives the ball directly from a goal kick, corner kick, or throw-in, or when it has been dropped by the referee.

LAW 12: FOULS and MISCONDUCT. A fearn whose player intentionally attempts or actually kicks, trips, jumps at, charges violently, charges from behind, strikes or spits at, holds or pushes an opponent, or handles the ball is penalized by a direct kick. Any one of these nine offenses committed in the penalty area by a defender results in the awarding of a penalty kick to the attacking team. A team whose player commits less flagrant fouls such as offsides, dangerous play or obstruction is penalized by an indirect free kick. The referee may caution a player (or others) for persistent misconduct, dissent, ungentlemanly conduct or entering the field without permission; the offender is shown a yellow card. The referee also may send off (eject) a player (or others) for foul or abusive language, or persistent misconduct after receiving a caution. The player sent off the field may not be replaced.

LAW 13: FREE KICK. A direct free kick from which a goal can be scored directly against the offending team; an indirect free kick from which a goal cannot be scored unless the ball has been touched by another player before entering the goal. In both cases, the offending team's player must be at least ten yards from the ball until the ball has been touched, and the ball must be still. (Note: A-League roles call for defenders to stand at least fifteen yards from the ball on all free kicks.)

LAW 14: PENALTY KICK. A direct free kick from the penalty spot. All players except the player taking the kick and the opposing player taking the kick and the opposing gralkeeper most remain outside the penalty area until the ball is kicked. The defending goalkeeper may move laterally along the goal line prior to the striking of the ball, but he may not move forward until the ball is struck by the shooter.

LAW 15: THROW-IN The method for putting the ball back into play after it has wholly passed over the touchline. A player from the team that did not touch the ball last takes the throw-in from the point on the touchline where the ball exited the field; he throws by using both hands to deliver the ball from behind and over his head; a part of each foot is either on the touchline or on the ground outside the touchline. An indirect free kick will be awarded if a goalkeeper picks up the ball with his hands after receiving a throw in from a teammate.

LAW 16: GOAL KICK. The method for putting the ball back into play after it has wholly crossed the goal line after being touched by a player from the attacking team. A player from the team that was defending kicks the ball from his own goal area.

LAW 17: CORNER KICK. The method for putting the ball back into play after it has wholly crossed the goal line after being last touched by a player from the defending team. A player from the attacking team kicks the ball from the corner nearest to where the ball exited the field.

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#### Friday, June 4 vs. Toronto Lynx

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Extreme Night

#### Sunday, June 6 vs. Atlanta Silverbacks

Beach Night

Weather Guarantee Redemption Night

Official Postgame Party at The Distillery!

#### Saturday, June 12 vs. Virginia Beach Mariners

Community Pride Night

#### Wednesday, June 23 vs. DC United

See Freddy Adu and head to the postgame autograph session! Game sponsored by the Tobacco Action Coalition of Monroe County & the Finger Lakes!

#### Saturday, June 26 vs. Richmond Kickers

Italian Night

Weather Guarantee Redemption Night

#### Friday, July 9 vs. Montreal Impact

Special 8pm Start Time

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Christmas in July

#### Sunday, July 11 vs. Charleston Battery

Check out Rhinossoccer.com for additional game information!

#### Friday, July 30 vs. Minnesota Thunder

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Harley Night

#### Friday, August 6 vs. Syracuse Salty Dogs

Chase-Pitkin Soccer Dad Night

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#### Sunday, August 8 vs. Charleston Battery

Rex's Birthday!

Sticker sheets to the first 8,000 fans, courtesy of Label World Official Postgame Party at The Distillery

#### Wednesday, August 25 vs. Atlanta Silverbacks

Check out Rhinossoccer.com for additional game information!

#### Friday, August 27 vs. Montreal Impact

Rhinos Jersey Auction to benefit Continuing Developmental Services

Rex Growth Chart Poster for the first 1,500 kids, courtesy of Unity Health System

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Back to School Night

Fan Appreciation Night

























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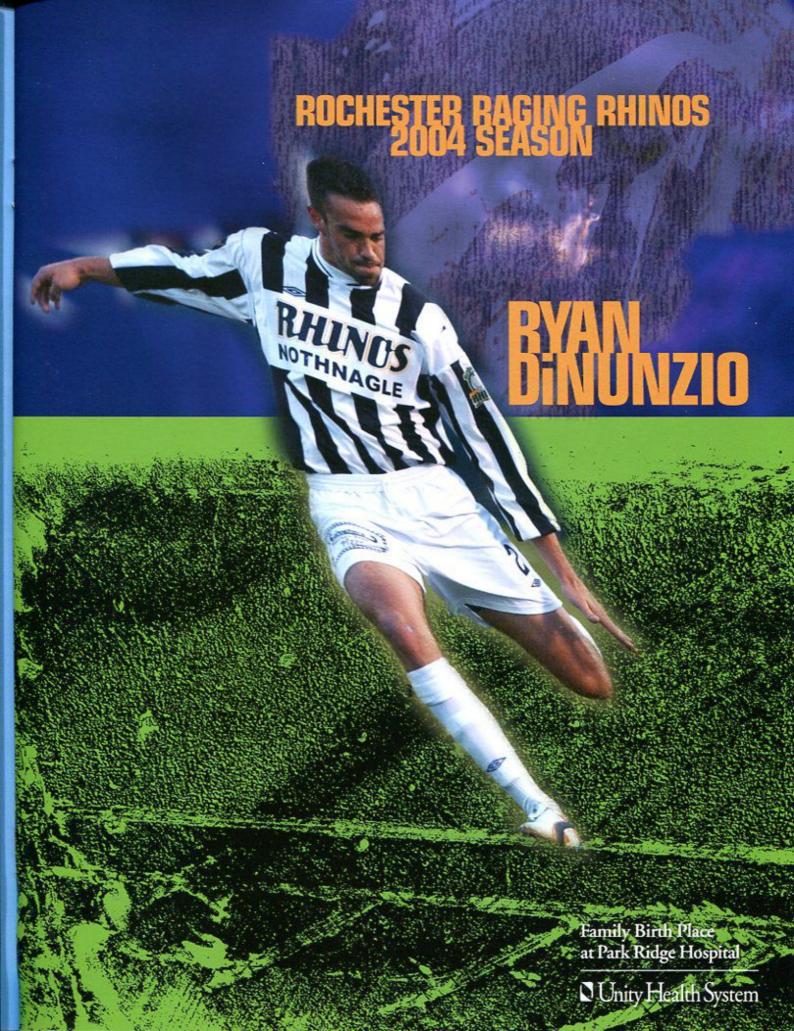
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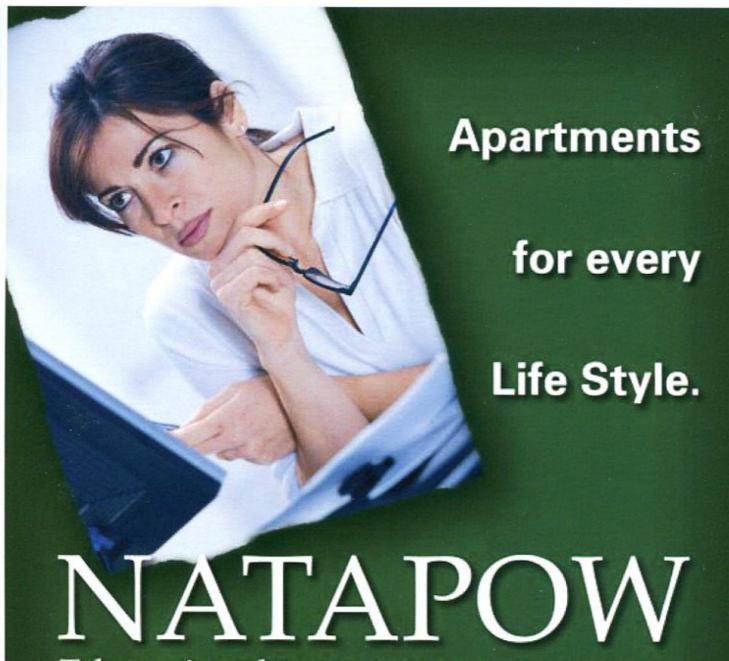


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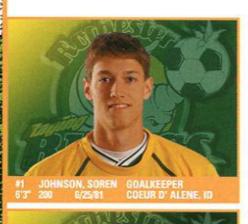
# BEHIND THE SCENES

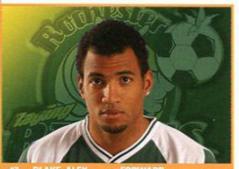


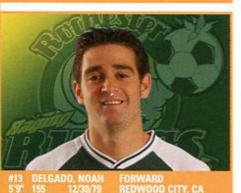
FRONT BOW: (LEFT TO RIGHT) LYNSDAY ANDRASIK, BRENDA SHOCKLEY, AMY RYBCZYNSKI, KIM SNYDER, LISA MCCANDLESS, BROOKE LESNIAK, DANNI REGALI, CALLY COFFEY, JILL CUMMINGS

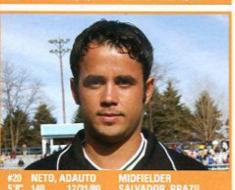
MIDDLE ROW: JIM LEAHY, SOCCER SAM, STEVE DONNER (CEO), FRANK DUROSS (PRESIDENT), CHRIS ECONOMIDES (VP/GM), PETER BOURNE, PETE BRIGGS, CHRIS PALIN

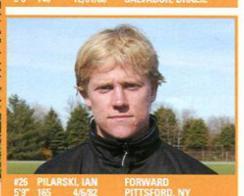
BACK BOW: JOHN CATALANO, CRAIG CHARRON, BRIAN D'AMBROSIA, PHIL GALLAGHER, CHRIS BANDURA, JOHN MCJURY, NORM MAURER, CRAIG RYBCZYNSKI, ERIC TRENDEL

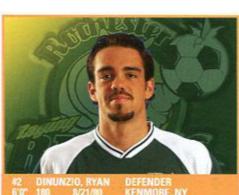






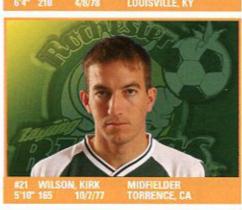


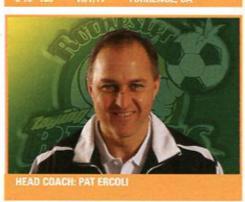


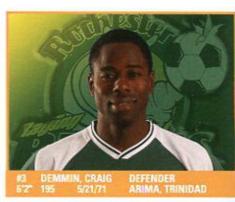


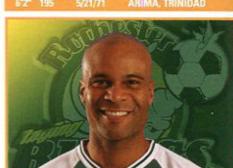








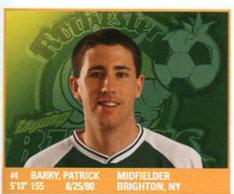


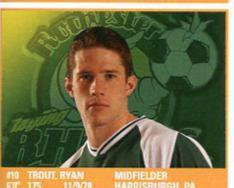




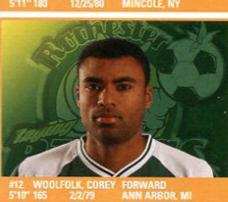


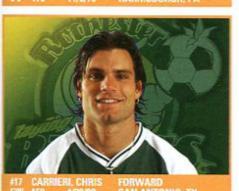


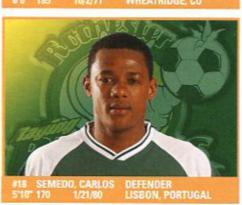






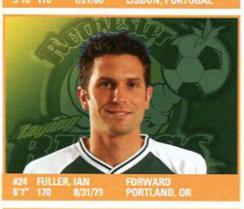


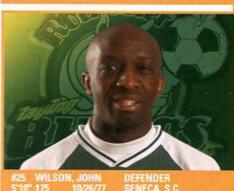




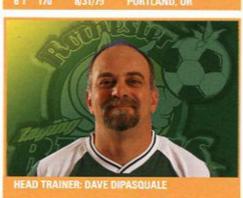


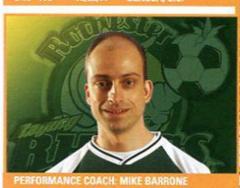












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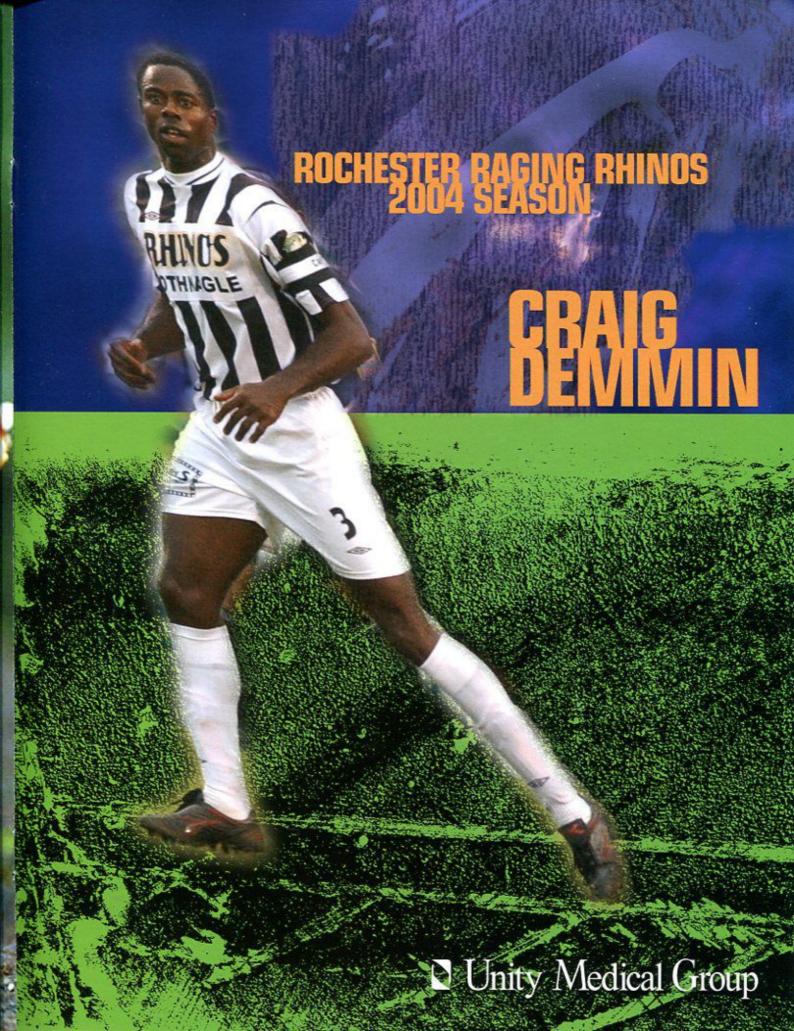
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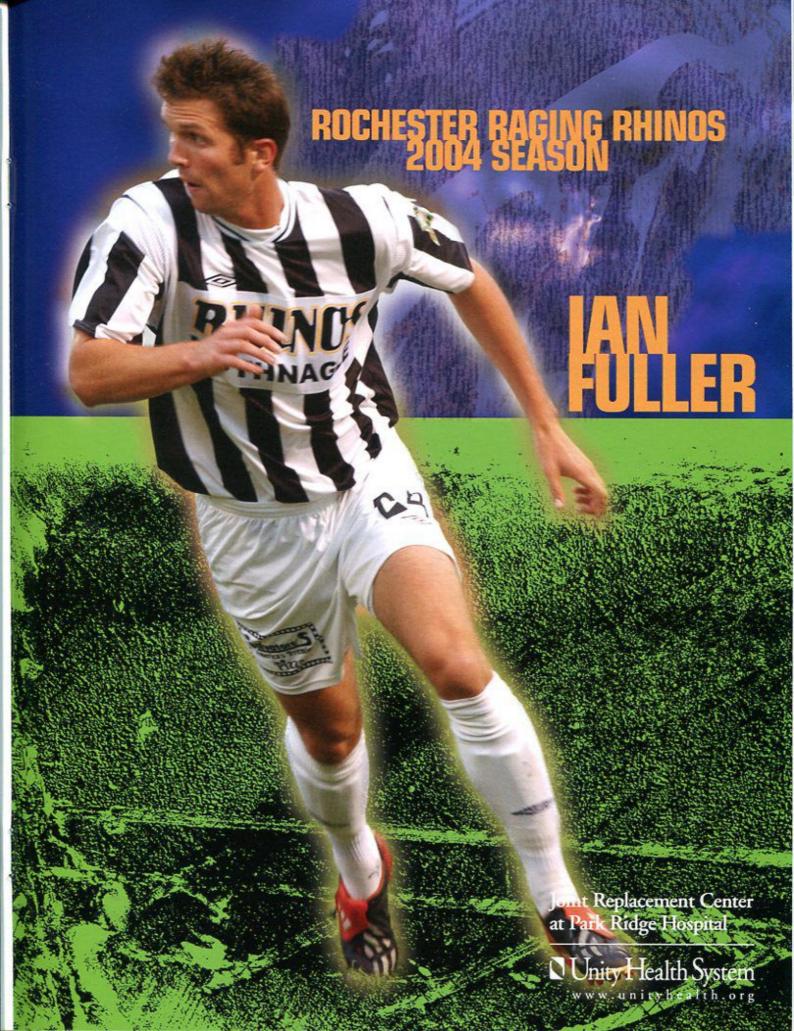
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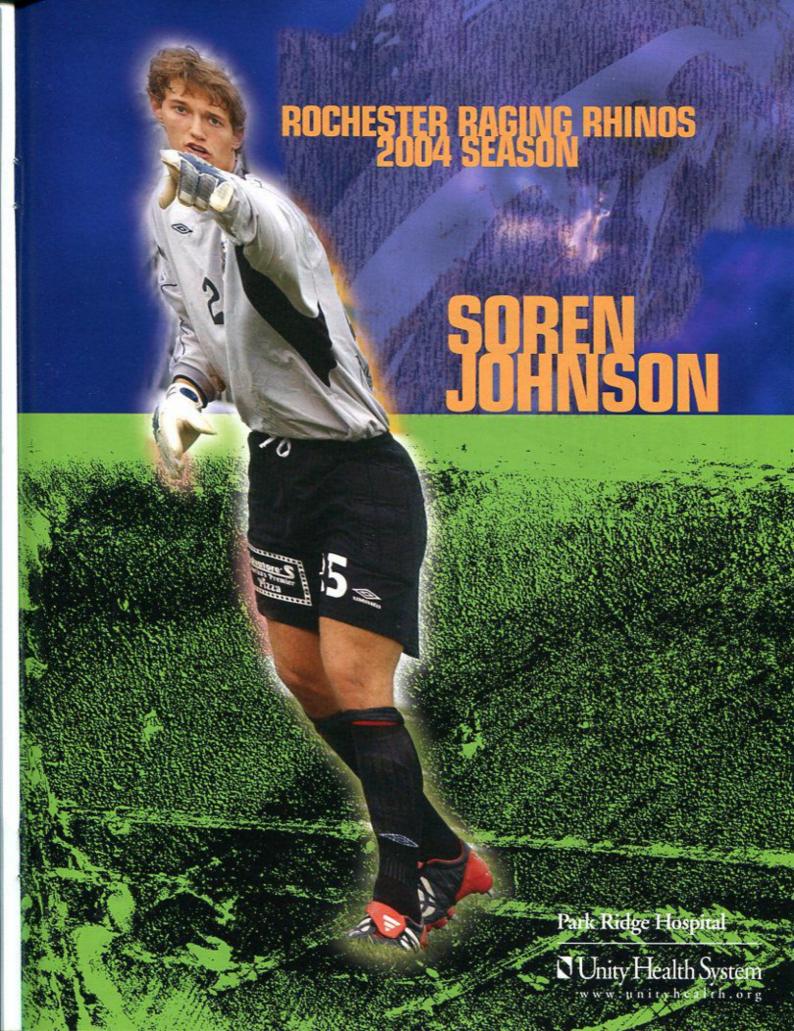
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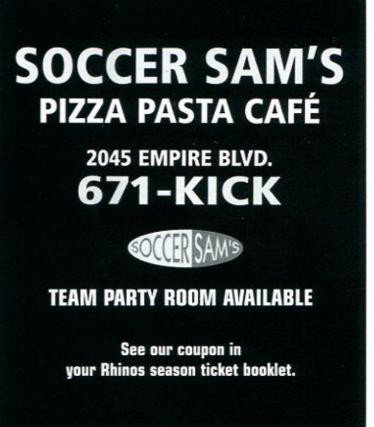
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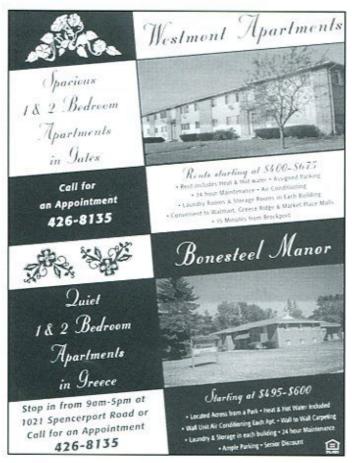
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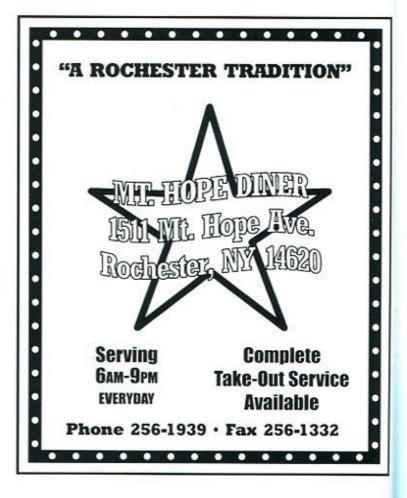
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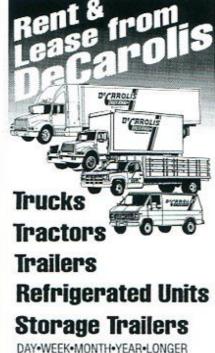
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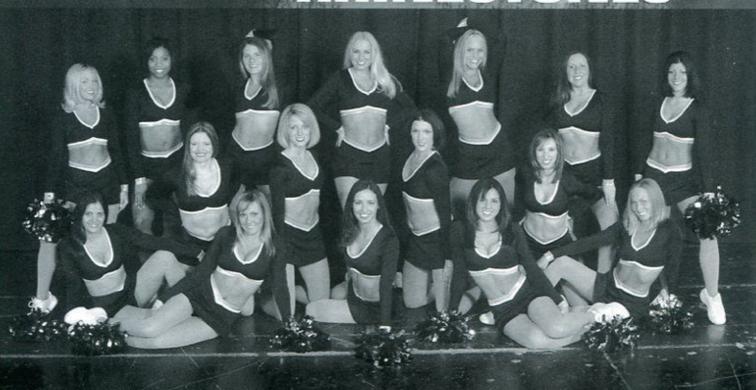
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#### CONTINUED FROM PAGE 11...

"Scottie was a fantastic player, part of the core of that back line with Craig Demmin, Billy Sedgewick and Carlos Mendes. It's tough to see a player like that go, but we've got new players who can fill the role of Scottie on the field. Scottie left on his terms, and when it's on his terms, it's time to go. It's tough to see a player and a friend

leave, but it's probably a better situation for him and the organization."

Miller acknowledges his game has evolved since his first time with the Rhinos. Long known for his blistering speed, Miller now relies more heavily on positioning and moving without the ball to create scoring chances.

"I see the game a little differently. Earlier in my career, I was a North-South player, who strictly relied on speed. Now I think I am a pretty good passer with the ball, and I see more opportunities to help my teammates, and make them better players. I'm not a one-dimensional player anymore, where I am taking players on one-on-one. I have learned how to use my teammates, and to run without the ball, instead of running with the ball."

teaching them the techniques of playing soccer, and how to duplicate motions over and over again. Life is one big duplication, and the people who are most successful in life duplicate those motions over and over again. I have this unique ability to break down difficult things into simple components, which makes it

> easier for kids to learn, and they get something out of watching me play soccer, or from me teaching soccer."

Ground-breaking on PAETEC Park took place over the winter, and talks of the Rhinos moving up to MLS abound. However, for Miller, he is just taking it one day at a time. Whatever the 2004 season brings for Miller, the veteran forward is looking forward to taking on the A-League, and gunning for the fourth A-League championship in Rhinos history.



Before reuniting with the Rhinos for the 2003 season, some soccer scouts questioned Miller's game, thinking he might have lost a step or two over the years. Miller responded to those critics with a solid season, and looks to add to his career totals in 2004. But even Miller knows he can't continue to play soccer forever. When he eventually does hang up his cleats, Miller sees himself working with children, trying to spread his love of the game to future generations.

"The thing I want to do at a youth level is teach kids technically and let the coaches coach them tactically. I can influence more kids

FOR MORE INFORMATION ON DOUG MILLER, BE SURE TO CHECK OUT HIS WEBSITE: WWW.DOUGMILLERSOCCER.COM

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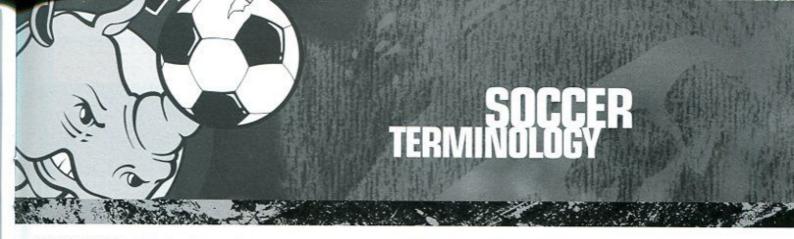
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ADVANTAGE CLAUSE: Applied by the referee when, in his opinion, calling a foul would give an advantage to the offending team. No foul is called and the referee signals on."

CAUTION: A disciplinary action taken by the referee against a player for others) for the persistent misconduct, dissent, ungentlemanly conduct or entering the field without permission. The offender is shown a yellow card; a second offense brings a red card and the player is ejected from the match.

CENTER: A ball passed from a wide position on the field into the penalty area. Also called a "cross."

CHIP: Pass lofted high over an opponent or opponents to a teammate.

CHARGE: Use of the shoulder to force an attacker off-balance and gain possession of the ball

CLEARANCE: A ball thrown [by the goalkeeper], kicked or headed by the defending team away from its own penalty area.

CORNER KICK: Direct free kick taken by an attacking player from the corner of the defending team's end of the field. A corner kick is awarded if a ball was last touched by the defending team before going over the defending team's goal line (but not into the goal.)

**DEFENDER:** Player who ordinarily is positioned near his own goal behind the midfielders and forwards and whose primary responsibility is the prevention of the opponent from scoring. Also called "fullback".

**DIRECT FREE KICK:** Usually awarded after a foul, the ball is placed in a stationary position and may be kicked directly into the opposition's goal without first being touched by another attacker. Corner kicks and penalty kicks are also direct

DRIBBLE: Action of a player who advances the ball with a series of short taps with the feet.

**OROP BALL:** Ball dropped by the referee between two opposing players to restart a game after a play has been stopped for a no-penalty situation.

**EJECTION:** A disciplinary action taken by the referee against a player (or others) for violent conduct and/or serious foul play, foul or abusive language, or persistent misconduct after receiving a caution (yellow card). The offender is shown a red card and sent off the field. He may not be replaced by another player.

442 A team formation that has four defenders, four midfielders, and two forwards.

HRST-TIME PASS: Ball passed without the player first stopping it. Also called "one touch".

FORWARD: Player who ordinarily is positioned ahead of the midfielders and whose primary responsibility is to create and score goals. An inside forward is called a "striker."

**GOALKEEPER:** Player who is positioned in his goalmouth and whose primary responsibility is the prevention of goals by the opposition. The goalkeeper may use his hands while he is in his own penalty area, and his uniform must contrast with those of the field players on both teams.

**GOAL KICK:** Indirect free kick taken by a defending player from the defending team's goal area. A goal kick is awarded when a ball was last touched by the attacking team before going over the defending team's goal line (but not into the goal).

HALF-VOLLEY: Kick taken just as the ball bounces off the ground.

HAND BALL: A ball touched illegally by a player's hand or arm.

**HEADING:** Use of the head; usually the forehead at the hairline to pass, shoot, clear or control the ball.

NOIRECT FREE KICK: Usually awarded after a minor infraction, the ball is placed in a stationary position and may not be kicked directly into the opposition's goal without first being touched by another attacker.

**IUCKOFF:** A ball placed in the center spot at midfield and kicked forward by an attacking player; used to start the game at the beginning of each half and after a goal has been scored. A goal cannot be scored directly from a kickoff.

LINESMAN: Two officials, each equipped with a flag, who assist the referee from the touchlines by signaling offsides, when a ball has gone out of bounds and when a foul has been committed. The referee may choose not to act on a lineman's call.

MARK: Guarding an attacking player.

MIDFIELDER: Player who ordinarily is positioned in front of the defenders and behind the forwards, whose primary responsibility is to create a link between the defenders and forwards. Also called "halfback."

NUTMEG: A ball played by an attacking player between the legs of a marker and retrieved by the same attacking player.

OBSTRUCTION: Action of a player who impedes an opponent by standing in or moving into his path without attempting to play the ball.

**OFFSIDE:** Position of an attacking player if he is between his opponent's goal line and the ball when the ball is played unless he is on his own half of the field or two opponents are no farther from the goal line than the attacking player. A player cannot be offside if he receives the ball directly from a corner kick, goal kick, throw-in or drop ball situation.

**OFFSIDE TRAP:** Maneuver by a defense whereby the defenders move toward the opposing team's goal during an attack by the opposition to catch at least one attacker in an offside position.

OVERLAP: An attacking run by a defender that carries him past his own midfielders.

PENALTY KICK: Direct free kick from the penalty spot after a major foul has been committed by the defending team in its own penalty area. The opposing goalkeeper must remain stationary on his goal line between the goal posts and other players must be outside the penalty area; the ball is kicked by an attacking player.

**REFEREE:** The official in charge of the match, Primary responsibilities are to protect the players and serve as an official timekeeper.

**SAVE:** A ball caught, deflected, or otherwise prevented by the goalkeeper from going into the goal.

SHIELD: A dribbler who prevents an opponent from taking the ball by keeping himself between an opponent and the ball.

SHOT: The kicking or heading of the ball toward the goal with the intention of scoring.

SQUARE PASS: A lateral pass.

**STOPPER:** A central defender whose primary responsibility is to mark the opposing center forward or striker.

SWEEPER: A defender who is free to roam in front of and/or behind his teams detensive line.

TACKLE: An attempt to dispossess an attacker of the ball. A common tackle is the slide tackle, which involves a sliding attempt to kick away the ball.

**THROUGH PASS:** Pass that travels toward the goal between two or more defenders to a teammate, putting him in a position to score.

THROW-IN: A throw executed by an attacking player from outside the touchline. A throw-in is awarded against the team that last touched the ball before it crossed the touchline. The player taking the throw-in must throw the ball onto the field over his head using both hands; he must also keep both feet on the ground either outside or on the touchline.

TRAP: The use of the foot, thigh, chest, etc., by a player to bring a ball under control.

VOLLEY: Kick taken before a ball bounces on the ground.

WALL: A line of three or more players positioned at least ten yards from the ball; used to help defend against a free kick.

WALL PASS: Pass in which an attacker sends the ball to a teammate [the "wall"] who immediately plays the ball back to the attacker who has to run to an open space. Also called "give and go" or "one-two,"

WING: Area of the field near the touchlines

WINGER: An outside forward. Outside defenders are sometimes called "wingbacks."

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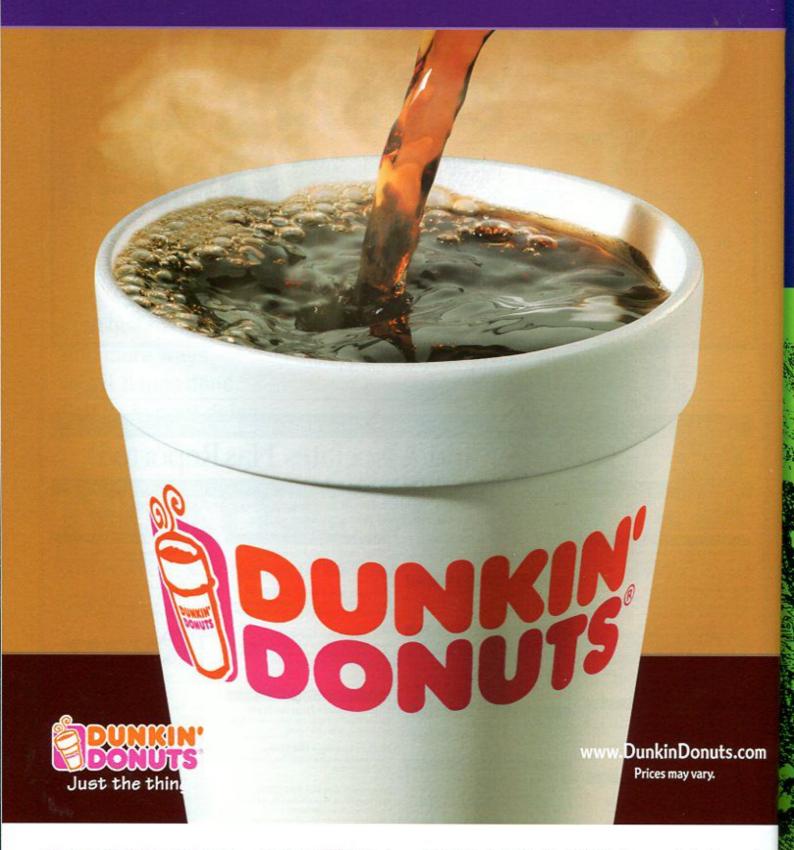
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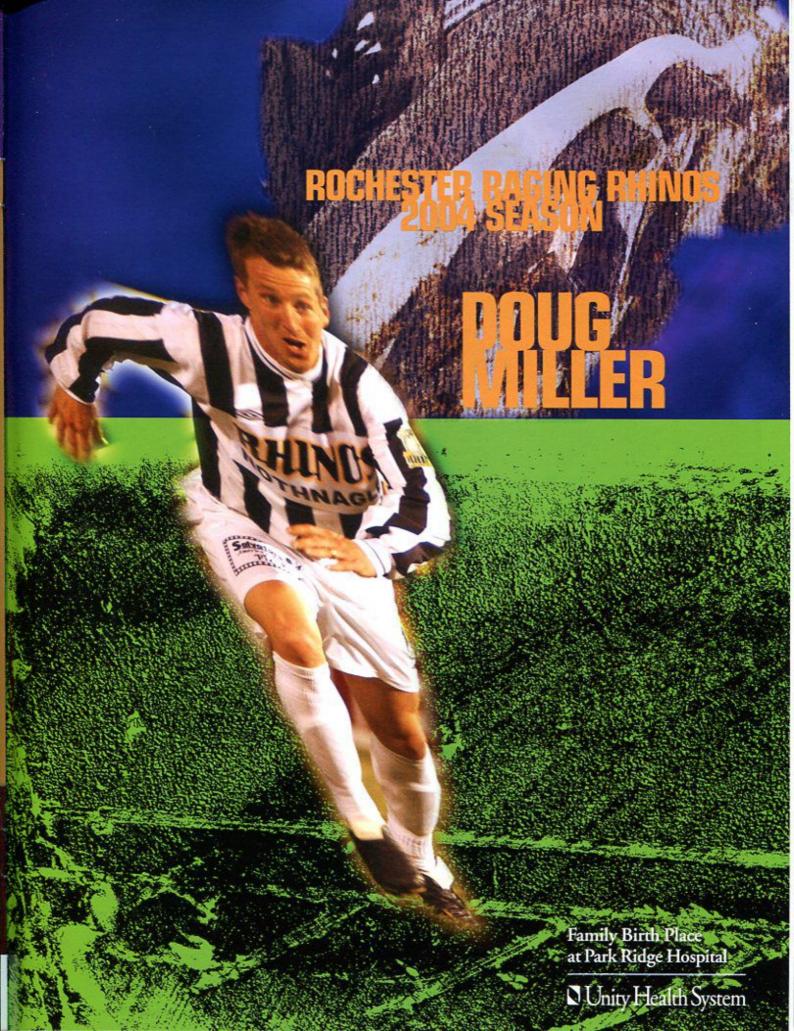
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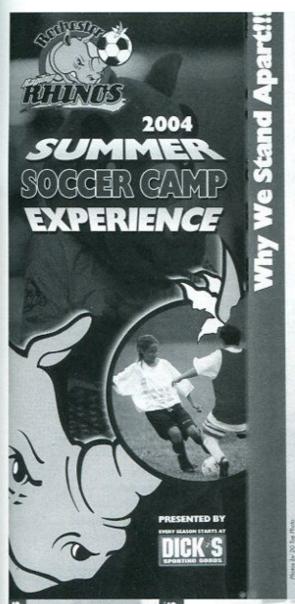
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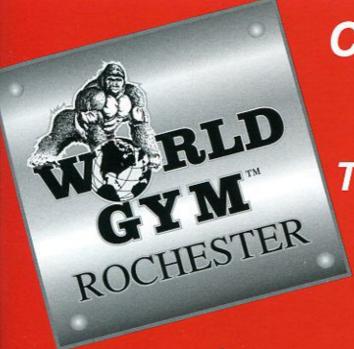
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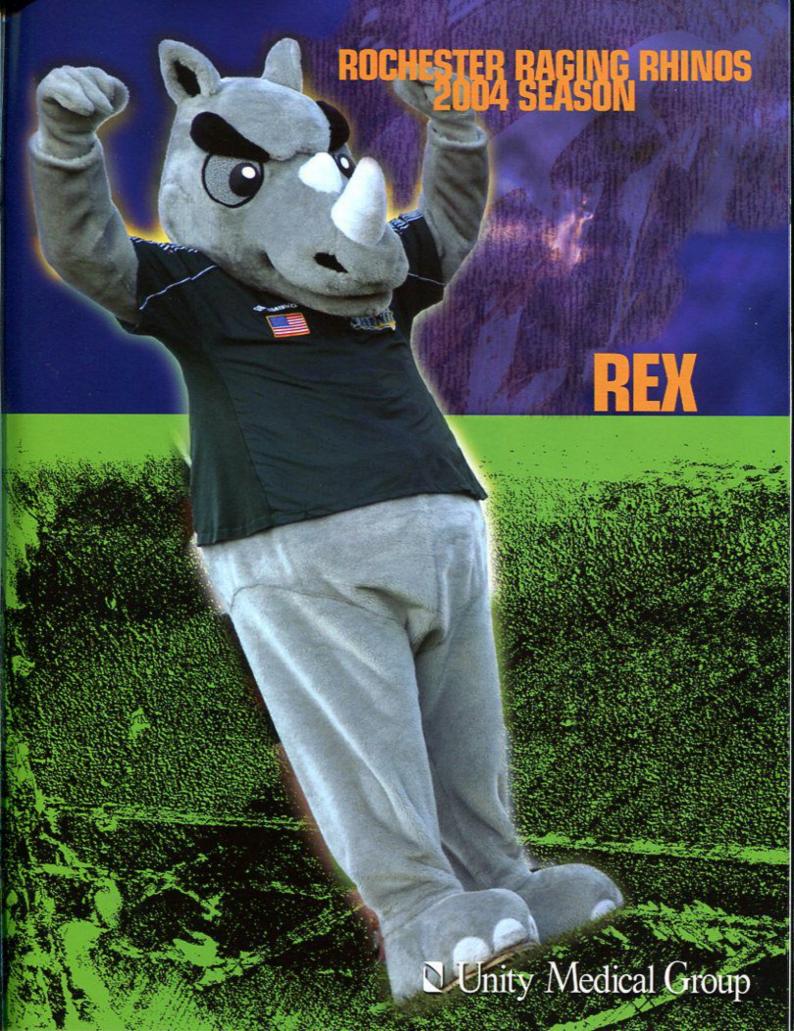


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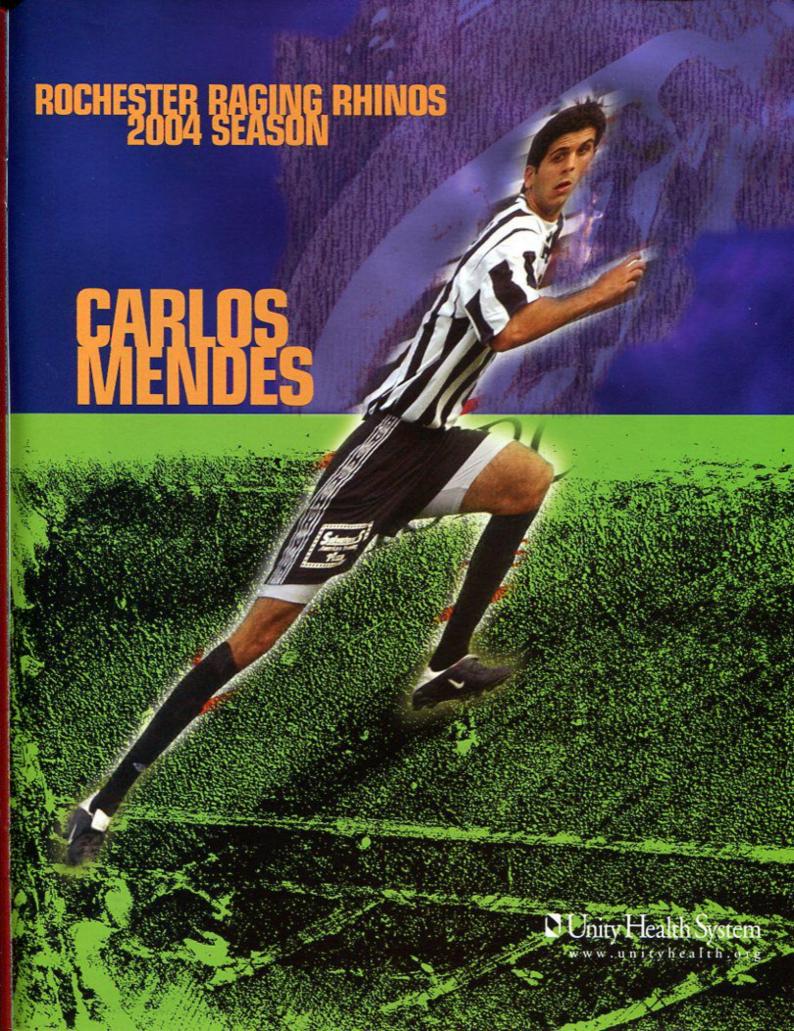






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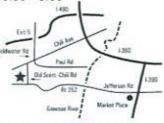
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WHEN GOALKEEPER THEO ZAGAR SPRINTS ONTO THE PITCH AT FRONTIER FIELD DURING THE ROCHESTER RAGING RHINOS HOME OPENER AGAINST THE TORONTO LYNX, HE MIGHT HAVE CHECK HIS JERSEY TWICE BEFORE HEADING FOR THE RHINOS' SIDELINE.

"I am going to suggest that I play one half for Rochester and one half for Toronto to smooth things over," he said jokingly about playing against his former team on May 1st. "It will be weird, but it is the nature of sports. I want to help Rochester get to the next level and just want to win. It doesn't matter if it's against Toronto or against [defending A-Leaque champion] Charleston."

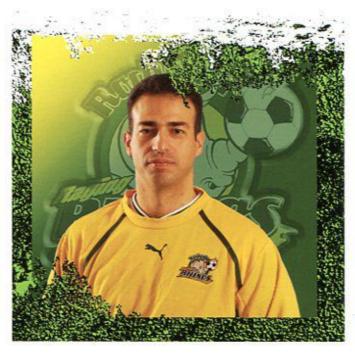
In the offseason, the East York,
Ontario, native left his hometown
Toronto Lynx to play for the
Rhinos, a team that has derailed
successful seasons by the Lynx
since the rivalry began in 1997.

"I always wanted to play at home," said Zagar, who had a stellar six-year career in Toronto. "But you can't get much better than playing in Rochester. I guess if you can't beat 'em, join 'em."

The 29-year-old keeper joined Rochester in January from the A-League rival Toronto Lynx and was happy to finally be on the team that gave him fits in the past.

"They welcomed me with open arms and I found out that they have had respect for me (all these years)," said Zagar, whose Toronto team was 0-3-1 against the Rhinos last season. "I am relieved that I am on their side and I think the feeling is mutual."

The respect for Zagar is well earned, as he has had an impressive career north of the border. He currently holds almost every Toronto team record for goalkeepers, which includes 115 games played, 44



wins and 29.5 shutouts. He was also a Second Team A-League selection in 2000 and a three-time team MVP.

Lynx COO Nicole Hartnell emphasized the importance of the goalkeeper to Toronto in a January 8, 2004, press release sent out the day Zagar was transferred to Rochester.

"He really made a difference to our club and will sorely be missed by the other players and by our fans."

The 6-3, 195-pound keeper played for the Lynx from 1998 to 2003.

He joined Toronto after playing college soccer at the University of Toronto, where he finished his collegiate career with CIAU Player of the Year honors in 1997. The following year, Zagar was the Lynx's first pick in the 1998 A-League Draft.

Zagar spent the first two seasons of his career as a backup, before claiming the starting goalkeeper position in 2000. He promptly led the Lynx to their first postseason berth since 1997, winning the team MVP award for his strong play.

In June 2002, he was named team captain and won his second team MVP award. That season he nearly led the Lynx to the playoffs after a rough start to the season. In 2003, he guided Toronto to an 11-13-4 record as he played in 26 of the team's 28 games and recorded a 1.29 goals-against average.

Zagar attributed his success to his father, Dragan, who played professionally in Greece and was once a reserve goalkeeper for Olympiakos of the Greek First Division.

"He was my coach since I started playing soccer," said Theo.

"He was the one that got me to play the sport at four years old."

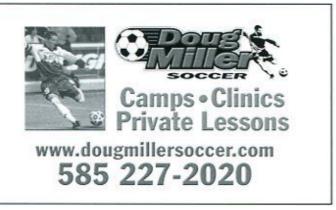
Theo grew up listening to the stories of his father and following his instructions at home and at practice. Theo, however, didn't follow in his dad's footsteps right away as a goalkeeper. He waited until he was 10 years old before deciding to move back after playing center midfield his whole career.

When he wasn't playing soccer, he was playing hockey in East York and emulating stars of the National Hockey League Toronto Maple Leafs. Zagar balanced the two sports into his late teens. He played hockey at a high level in the Toronto borough until he was 16-17 years old before the cost of playing and the uncertainty of his future in the sport drove him to focus solely on his first love, soccer.

"I like soccer better than hockey," said the former hockey forward/defenseman. "I still watch it all the time and ponder if I could have made it, but I think I chose the right path."

He admits he still has boxes of hockey cards at his parents' house and tries to follow the NHL Playoffs as the Leafs try to win their 14th Stanley Cup.





"I try to listen on the Internet, but it's not the same," he said. "I hope they do it this year."

Zagar also hopes that the Rhinos can win another championship this season, which would be the franchise's fifth title in nine seasons. Rochester is trying to win its first championship since the 2001 A-League title, the team's longest draught without a title since the team's first two seasons in 1996 and 1997.

"I am quite comfortable in the back," he said. "It didn't take me long to adjust because they have a similar system in Toronto. My job is to stop the ball and the guys are doing a great job in front of me."

Zagar knows that along the road in 2004, Toronto will be there waiting for a shot at its former keeper. The Rhinos play the Lynx three times this season, including the May 1st home and season opener at Frontier Field. And Zagar can't wait to play his first game as a Rhino in front of 11,000 that used to root against him.

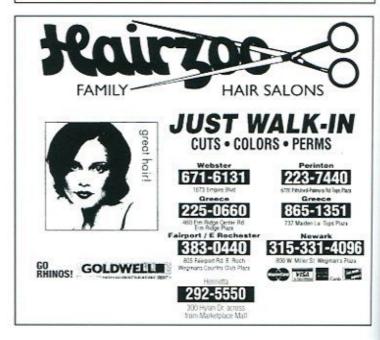
"Whenever we came in here the atmosphere was unbelievable," he said. "To play in front of a crowd like that is electric. They can be the 12th man out there. To have a lot of the fans supporting me this year will be very exciting."

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